



# **Functional Family Therapy in Clinical Practice: An Evidence-Based Treatment Model for Working With Troubled Adolescents**

*Thomas L. Sexton*

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## **Functional Family Therapy in Clinical Practice: An Evidence-Based Treatment Model for Working With Troubled Adolescents** Thomas L. Sexton

*Functional Family Therapy in Clinical Practice* develops a comprehensive presentation that serves as a systematic guide to understanding the Functional Family Therapy (FFT) clinical model, the FFT service delivery system, the theoretical principles that serve as the foundation of FFT, and the mechanism of therapeutic change that gives FFT its potency. Clinically relevant, theoretically sound, and scientifically based, this book contains systematic discussions of topics and theoretical perspectives, as well as illustrative clinical examples that demonstrate the manner in which principles are applied in Family Focused Therapy.

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